

LAND TRAINING RISK ASSESSMENT FOR SWIMMERS / COACHES - LUDLOW SWIMMING CLUB



DATE RISK ASSESSMENT CARRIED OUT: 03/02/2014

HAZARD OBSERVED	WHO MAY BE HARMED ?	RISK RATING BEFORE CONTROLS CONSEQUENCE X LIKELIHOOD=	CONTROL MEASURES	RISK RATING AFTER CONTROLS CONSEQUENCE X LIKELIHOOD =	CONTROL MEASURES BY: INITIAL
Weights • Trapping of weights • Back injury • Pulled muscles • Overexertion	• Swimmers.	MEDIUM	• Swimmers to use the gym under supervision of a coach/instructor at all times • Complete gym induction provided by Teme Leisure operator • Proper lifting to be carried out at all times • Spotters to be present when lifting weights • Warm up and down appropriately • Complete stretches appropriately • Suitable clothing and footwear	LOW	S.M
Gym Equipment • Back injury • Pulled muscles • Overexertion	• Swimmers.	MEDIUM	• Swimmers to warm up before use and cool down after use • Complete stretches after exercise • To use equipment as instructed by coach/teacher	LOW	S.M
Minor Injuries • Trips, cuts, falls • Broken equipment • Wet floor surface	• Swimmers. • Coaches.	MEDIUM	• Coach to check equipment before the session starts • Coach to report any broken equipment to Teme Leisure operator • Floor surface to be checked by coach before session starts • All injuries to be recorded by club and Teme Leisure.	LOW	S.M

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N.B The aim of a risk assessment is to provide general information on the type of hazards the swimmers as well as others who may be involved are exposed to. IF FOLLOWING IMPLEMENTATION OF ALL CONTROL MEASURES THE RISK RATING IS STILL SUBSTANTIAL OR ABOVE, FURTHER ASSESSMENT & CONTROL MEASURES SHOULD BE CONSIDERED.

To be reviewed every 12 Months or earlier if required.